

With Diabetes,  
simple choices can  
make a difference.



Eat green, leafy vegetables



OneTouch Select Plus Simple®

OneTouch Select Plus Simple® meter  
– Make the simple choice.

**ONETOUCH®**



Choose lean proteins

## Make the simple choice.

- **Do you or someone you know have Diabetes?**

People with diabetes may be asked to get into the habit of self-monitoring their own blood sugar levels in the body.

- **What should you do?**

Take charge of your diabetes. Regular tracking of blood sugar levels may be a valuable part of a diabetes care plan, especially if you have type 2 diabetes and use insulin.

- **What is self-monitoring of blood sugar?**

Self-monitoring of blood sugar is the process of testing your blood sugar level at home at regular intervals, through the use of a blood sugar meter to stay in the safe blood sugar range. Safe blood sugar range refers to blood sugar levels considered safe by your doctor.

# When should you test?

- An effective way to manage your diabetes is to test around the events that may affect your blood sugar: meals, exercise, medications, and times of stress.
- Even if you are not on medication, testing your blood sugar will give you some valuable information to help you better manage your diabetes.

## What you can learn from testing your blood sugar

Possible times your doctor may tell you to test*	What you can learn
In the morning, before eating	How well your body is regulating your blood sugar overnight How well your medication controls your blood sugar levels overnight
Before and 1-2 hours after the beginning of the meal	How food and portion choices in a meal affect your blood sugar level How well your treatment plan is working to control the increase in blood sugar levels from your meal
Before a meal	If your blood sugar level has returned to target range since your last meal If you need to adjust the carbohydrates in your meal
Before activity	If you need a snack before you start an activity
During or immediately after activity	How the activity affects your blood sugar level
Several hours after activity	If the activity causes a delayed effect on your blood sugar level
When you feel sick	If illness or stress is affecting your blood sugar level
As suggested by your health care professional	How well your treatment plan is working

\*Always test according to the recommendations of your doctor.

# How you can easily monitor your blood sugar at home



## Find a meter that works for you.

- Choose a reliable meter that is simple to use and meets the latest accuracy standards.
- Select a meter that helps you understand the patterns in your blood sugar levels as it can help you follow your doctor's advice on actions to take.



## Maintain a daily log

- Write down your readings in a log book and consult your doctor.
- Show the log book to your doctor at appointments.



## Keep monitoring regularly

- Start testing before and after meals.
- Check with your doctor for how often to test.

**Start self-monitoring your blood sugar levels today.**

# What are your blood sugar goals?

Start by asking your doctor to set your blood sugar goals and your schedule for checking your blood sugar

When to check	My goals
Fasting (before breakfast)	_____ mg/dL
Before Meal (lunch/dinner)	_____ mg/dL
After Meal (any meal)	_____ mg/dL

## ADA\* guidelines for blood sugar goals in adults with diabetes

HbA1c	Less than 7.0%
Preprandial blood sugar (before meals)	80–130 mg/dL
Peak postprandial blood sugar (1-2 hours after start of meal)	Less than 180 mg/dL

\*ADA, American Diabetes Association.

# Introducing the **OneTouch Select Plus Simple<sup>®</sup>** meter

So simple—  
no set-up,  
no buttons,  
no coding

9 out of 10 patients said: "This meter  
is so straightforward; I could use it  
right out of the box.\*"



\*In a clinical study conducted in the UK in 2016 with 59 subjects, 97% agreed.

## Simple 2-step testing for accurate results



**Step 1:** Insert a OneTouch Select<sup>®</sup> Plus test strip



**Step 2:** Apply blood to the top of the strip



Your result will appear on screen

## Easy to understand blood sugar results with ColourSure® technology

Clear understanding of your results with ColourSure® technology that helps you know when results are high, low or in range\*, so you can consider when to take action†.

**ColourSure®**  
TECHNOLOGY



Blue lets you know you're low



Green lets you consider whether you're good to go



Red lets you know you're high

Treatment decisions should be based on the current numerical result and healthcare professional recommendation.

\*The OneTouch Select Plus Simple® meter comes with pre-set ranges that cannot be changed. For more information, please refer to the product owner's manual.

†In a clinical study conducted in the UK in 2016 with 59 subjects, 93% agreed.



# New OneTouch® Delica® Plus lancing device makes every test virtually pain free

Making lancing less painful could eliminate one of the key barriers to blood sugar monitoring<sup>1</sup>



**8 out of 10 patients agreed** that testing with the OneTouch® Delica® Plus lancing device was less painful compared to other lancers they have used<sup>†</sup>

<sup>1</sup> Heinemann L, Boecker D. Lancing: *Quo Vadis?* Journal of Diabetes Science and Technology 2011;5(4):966–981

<sup>\*</sup> Approximately 52% better vibration control compared to the OneTouch® Delica® system.

<sup>†</sup> Compared to the OneTouch® Delica® system.

<sup>‡</sup> Based on a 2018 US survey where 103 participants experienced the OneTouch® Delica® and OneTouch® Delica® Plus lancing devices and also provided feedback on how these compared with their current lancing systems.



Use only  
**OneTouch Select® Plus**  
test strips

**5 years of proven clinical accuracy**  
and meets international  
standards of EN ISO 15197:2015\*

**Learn more about the  
OneTouch Select Plus Simple® meter  
- Make the simple choice.**



[www.OneTouch.in](http://www.OneTouch.in)



**Call OneTouch® Customer Care  
1800 22 55 44**

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\* EN ISO 15197:2015 In vitro diagnostic test systems – requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus. (ISO 15197:2013).

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